

MAY 2012



CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	MAY 1	2	3	4	5
		Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm WBC 6pm-8pm (Series B) Yoga: 6:45-8:00pm Zumba: 7:15-8:15pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Abs Class: 6-7pm Ping Pong:6:00 pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:00-8:30pm (Last ½ Hour-Advanced) <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm NEW!\$1/Min. Chair Massage 1-3pm
6	7	8	9	10	11	12
Qigong:9:30-10:30am NEW! Nia 10:45-11:45am Ping Pong:2:00 pm Yoga: 5-6:30pm	Yoga: 12-1pm Pilates: 5:30-6:30pm Beach Body Bootcamp Zumba Toning 6:30-7:30pm NEW!\$1/Min. Chair Massage 6:00-8:00pm Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7:15-8:15pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Beach Body Bootcamp 5:30-6:30pm Abs Class: 6-7pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:00-8:30pm (Last ½ Hour-Advanced) <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm NEW!\$1/Min. Chair Massage 1-3pm
13	14	15	16	17	18	19
Qigong:9:30-10:30am NEW! Nia 10:45-11:45am Ping Pong:2:00 pm Yoga: 5-6:30pm	Yoga: 12-1pm Pilates: 5:30-6:30pm Beach Body Bootcamp Zumba Toning 6:30-7:30pm NEW!\$1/Min. Chair Massage 6:00-8:00pm Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7:15-8:15pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Beach Body Bootcamp 5:30-6:30pm Abs Class: 6-7pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:00-8:30pm (Last ½ Hour-Advanced) <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm NEW!\$1/Min. Chair Massage 1-3pm
20	21	22	23	24	25	26
Qigong:9:30-10:30am NEW! Nia 10:45-11:45am Ping Pong:2:00 pm Yoga: 5-6:30pm	Yoga: 12-1pm Pilates: 5:30-6:30pm Beach Body Bootcamp Zumba Toning 6:30-7:30pm NEW!\$1/Min. Chair Massage 6:00-8:00pm Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7:15-8:15pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Beach Body Bootcamp 5:30-6:30pm Abs Class: 6-7pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm Yoga: 7-8:30pm Longline Night	Yoga:12-1pm Shaolin Qigong: 5:30-6:30pm Strength & Cardio: 5:30-6:30pm Kickboxing: 7:00-8:30pm (Last ½ Hour-Advanced) <u>\$6 Student Friday 4-10pm</u>	Pilates:10-11am Zumba: 11-12pm Yoga: 11:30-1:00pm NEW!\$1/Min. Chair Massage 1-3pm
27	22	29	30	31	1	2
Qigong:9:30-10:30am NEW! Nia 10:45-11:45am Ping Pong:2:00 pm Yoga: 5-6:30pm	Yoga: 12-1pm Pilates: 5:30-6:30pm Beach Body Bootcamp Zumba Toning 6:30-7:30pm NEW!\$1/Min. Chair Massage 6:00-8:00pm Yoga: 6:45-8:00pm <u>Bouldering Class: 7pm</u>	Tai Chi: 9-10am Yoga: 10-11:15am Yoga: 5:30-6:30pm Kickboxing: 6-7pm Yoga: 6:45-8:00pm Zumba: 7:15-8:15pm	Yoga: 7-8am Qigong: 9:30-10:30am Yoga: 12-1pm Run Club: 5:00 pm Beach Body Bootcamp 5:30-6:30pm Abs Class: 6-7pm Yoga: 7:15-8:30pm <u>Bouldering Class: 7pm</u>	Yoga: 10-11:30am Yoga: 5:30-6:45pm Hula Hooping: 5:45-7pm Zumba: 7-8pm Yoga: 7-8:30pm Longline Night		